

Personal Reflection Tool

Use this document to capture your thoughts and reflect on past challenges you've faced. The key here is to identify the link between the (1) challenging event; (2) your thoughts, feelings, and emotions about the scenario; and (3) your behavioral response.

Image

1. Event —————> 2. Thoughts, feelings, and emotions —————> 3. Behavioral response

Consider a challenge you have faced within the last six months...

What was the event?

How did you feel about the event?

What emotions did you experience?

What were you thinking when the event occurred?

Developing Your Emotional Intelligence

with Gemma Leigh Roberts



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How did you respond?

Why do you think you reacted the way you did?

How did it affect others?

Were you considering other people's points of view?

Would you react in the same way again?

